

# Stir Fried Bok Choy with Tofu Puffs

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-tofu-puffs-recipe>

## Ingredients:

- 1 pound bok choy chopped to bite size pieces, see the cutting method in the post above
- 1 cup tofu puffs halved
- 2 green onions sliced
- 1 tablespoon peanut oil or vegetable oil
- 1 teaspoon sugar
- 2 tablespoons light soy sauce or soy sauce

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 6 grams
3. Fat: 6 grams
4. Fiber: 1 grams
5. Protein: 8 grams
6. SaturatedFat: 1 grams
7. Sodium: 530 milligrams
8. Sugar: 2 grams

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